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JOURNEYING INTO INNOCENCE

by Debra Jean Hawley

Debra Jean Hawley has worked with Hemi-Sync® tapes for about five years and has attended three TMI residential programs. She feels this has helped immensely in her self-healing process, yet the last quarterly tape was “particularly amazing in its ability to unlock hidden sources of loving support.”

For the past twelve years Debra has dealt with fear, rage, grief, and a host of other physical, emotional, and mental reactionary patterns related to memories of childhood sexual abuse. Many times she despaired of ever climbing out of deep depression. At GATEWAY, many old, outmoded energy patterns were released. During LIFELINE®, the child that had been ritually abused was reclaimed. Finally, during GUIDELINES®, she not only reconnected with her higher self but reclaimed an aspect that had been lost in the victim drama. Because her personal intention for the GUIDELINES week was reclaiming innocence, Debra was thrilled to receive Journey to Innocence, which touched the deepest levels of her psyche.

Walking down the treelined street I see a young girl standing in one of the yards. There is a sense of being in an alternate reality, one of happiness, a safe haven that balances the pain of my world. The little girl is smiling at me, and I walk over and give her a hug. She tells me it's okay to forget here. I know she means it's okay to forget the world of sexual abuse here, that she too is experiencing another lifetime elsewhere that involves pain. Yet here all is safe. I skip off down the street, coming to the familiar house in the cul-de-sac. I realize that on my previous visit I never saw the father of this life. The beautiful flowers lining the walkway up to the front steps make me smile. Admiring the glorious stained glass windows on either side of the front door, I remember creating them. Stepping through the front door is like stepping through a golden energy archway. Sparks of energy fill my whole body with a sort of clearing, lightening effect as I step through.

Abruptly, I hear yells, giggles, and pounding feet as three young girls come running in from the kitchen area in back. They run through the entryway, past me, and up the front stairs. Suddenly, I am “in” the last of the three girls, the oldest. She is about twelve. As we head up the stairs I am thinking, “Oh, good. Now I get to see upstairs.” (My last visit was all on the ground floor.)

However, the father calls out from his office downstairs, “How was school today?” This strikes a chord of fear in the “me of now.” Yet a voice reminds me that this realm is a safe, loving space. I go back down the stairs and step into my daddy's studio. Popping myself up on the corner of the desk, swinging my feet out in front of me, focuses attention on my feet. Seeing

black oxford-style shoes, white ankle socks, and a knee-length pleated skirt helps bring my attention back to the journey—out of “knee-jerk” fear reactions around the father. The rest of the journey I most definitely was this little girl, while also witnessing the experience from within her.

I hear her giggle and tell her father, “Billy tried to kiss me today.” The father sticks his tongue out and asks if “he tried to kiss her like this.” It’s hard to not react in fear and disgust, to remember to simply witness and allow the events to unfold, to trust that this is safe. She grimaces and says “Yuck” as she laughs and pushes his tongue back into his mouth. His energy is very clear, very grounded, as he tells her that someday—as she becomes a woman—she will like the idea of kissing a man. A time will come when she will meet a very special man with whom she will want to explore all these things that now seem so strange to her. Furthermore, when she meets that special person such things will be totally natural. The girl asks if it’s that way with him and Mama, and he answers yes. The maturity and wisdom of this father and daughter talk touches me deeply.

The young girl climbs down off the desk and into her father’s lap. He continues telling her that eventually she will have to be careful about sitting in a man’s lap. As she becomes a woman, men will experience sexual feelings and desires for her. While this is good and pure, it’s wise to be aware of her actions and how she affects those around her, to choose carefully who she would open these sexually attracting forces with. Certainly the boys need to be aware as well, but she is responsible for the strong magnetic fields generated around her. Remember that they are a sacred gift; not something to be wasted away with flirting and teasing. They are for sharing with the man she wants to be with for the rest of her life.

The young girl had just gotten up and was standing behind her father, her hands on his shoulders, as the tape journey ended. The time had passed amazingly quickly. It seemed like I’d been in that space for only a brief moment, and yet whole new beliefs and boundaries had been laid in place for me. An incredible peace, clarity, and love filled me. None of the fear that had interfered at first remained. Lying in silence after the tape, I felt a tangible integration of these life lessons into my current life memories. It was as if there were some sort of molecular restructuring going on within me. A truly fascinating experience and one unique among all my tape journeys.